

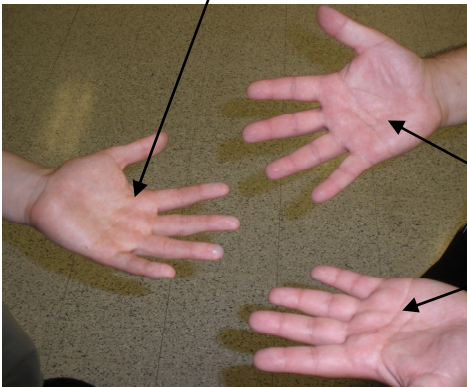
# Hand/Wrist Stretch Technique

## Reducing Repetitive Motion Pain

There are several methods to stretch the muscles connecting the wrist and forearm. This is one method that is not commonly known, used by some physical therapist. This stretching technique can provide temporary relief for repetitive motion pain. This will help alleviate pain affecting the hand, wrist and forearm. This is a two-person stretching technique. The stretch should only be held for about 5 seconds. Technique can be reapplied after

**Note:** This technique is not a replacement for treatment by medical professionals.

Subjects hand, with pain,  
requiring stretching technique

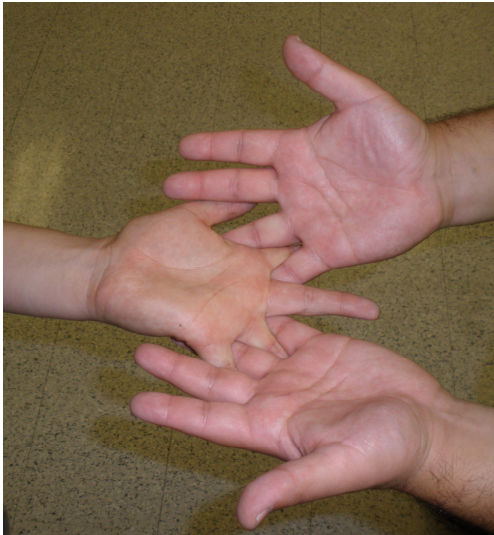


**Step 1:** Spread fingers of all involved hands for proper placement.

Provider's hands for the  
stretching exercise.



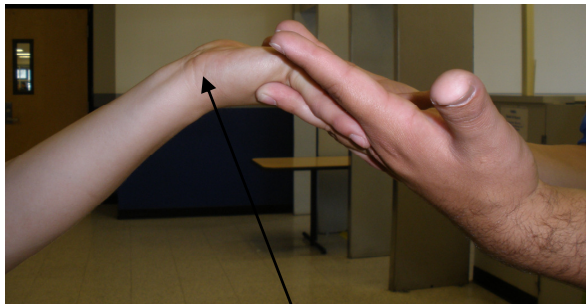
**Step 2:** Interlace provider's hands into subject's hand. The subject's middle finger is the point separating the provider's hand placement to each side.



**Step 3:** Move provider's fingers forward for full manipulation of subject's hand. Monitor the subject's comfort level with their finger positioning. If they are in pain discontinue the technique.



**Step 4(a):** With provider's fingers supporting the back of the hand, slightly raise and angle subject's hand. Subject's elbow should remain stationary and positioned at side of body.



**Step 4(b):** Keeping fingers spread apart, tilt hand down to stretch wrist; angle at wrist helps relieve tension at wrist and forearm muscles. Hold position for about 5 seconds and then undo hands.

Technique may be reapplied after a brief pause of about 30 seconds.

Subject's wrist should be angled until there is slight tension felt in the wrist and forearm.